

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

<h2>Senior Info-line</h2> <p><i>A Free Statewide Source Of Information For Those Caring For Senior Adults.</i></p> <p>The "Senior Info-line" is a FREE, confidential service that can help you locate services to help you care for a loved one. Our information and referral specialists are available 8 a.m. - 5 p.m. (CT), Monday-Friday to assist you. During evening and weekends, you can leave a message so your call can be returned the following business day.</p> <p>The services available to you in North Dakota include:</p> <table><tr><td>• Alzheimer's Programs</td><td>• Respite Care Programs</td></tr><tr><td>• Home Health Care Organizations</td><td>• Senior Citizens Center Services</td></tr><tr><td>• Hospice Programs</td><td>• Transportation Services</td></tr><tr><td>• Inhome Services</td><td>• Senior Health Insurance Counseling</td></tr><tr><td>• Legal Assistance Offices</td><td></td></tr></table> <p>1-800-451-8693</p> <p>Hours: Monday - Friday, 8 a.m. - 5 p.m. (CT)</p> <p><i>If no answer, leave a message and your call will be returned the next business day.</i></p>	• Alzheimer's Programs	• Respite Care Programs	• Home Health Care Organizations	• Senior Citizens Center Services	• Hospice Programs	• Transportation Services	• Inhome Services	• Senior Health Insurance Counseling	• Legal Assistance Offices		<p>NORTH DAKOTA SENIOR</p>  <p>INFO-LINE 1-800-451-8693</p> <p><small>Sponsored by ND Dept. Of Human Services Aging Services Division</small></p>
• Alzheimer's Programs	• Respite Care Programs										
• Home Health Care Organizations	• Senior Citizens Center Services										
• Hospice Programs	• Transportation Services										
• Inhome Services	• Senior Health Insurance Counseling										
• Legal Assistance Offices											

Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

RETURN SERVICE REQUESTED



_____ Please correct your mailing list

_____ Please delete my name from list ATTACH THE OLD MAILING LABEL

AGING SERVICES

Volume VIII Number 3

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Summer 2006

INSIDE THIS ISSUE

ND Aging Forums.....	p.3
GF Third Street Clinic.....	p.4
Senior Mill Levy.....	p.5
Senior Companions.....	p.9
Telephone Numbers.....	p.11

Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at your senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



MISSION STATEMENT:

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.

*Do you like visiting with people?
Do you have good
listening/communication skills?*

You Can Make a Difference! By volunteering as Community Long Term Care Ombudsman What is a Long Term Care Ombudsman?

- An Ombudsman helps long term care residents, providing them with information about their rights
- An Ombudsman listens to residents' concerns and helps them advocate for their rights

Who will you represent?

- Residents in skilled nursing facilities in Region III and Region IV

Why do residents and their families need you?

- Many frail and vulnerable residents cannot speak up for their needs and desires
- Some residents are alone and have no close regular visitors
- Long distance caregivers appreciate knowing someone is looking out for their loved ones.

What commitment level is involved?

Participation includes:

- Regular visits to an assigned long term care facility
- Communicate regularly

with residents to establish a relationship of trust

- Listen to a resident's concerns and encourage residents to speak for themselves
- Keep all information confidential
- Seek to resolve problems within the facility
- Help to protect resident rights

What skills are needed?

- Likes people
- Has time to share with others
- Has good listening and communication skills
- Is objective, sensitive, diplomatic, and reliable
- Is 18 or older

Why volunteer?

- You can make a difference in the quality of another's life
- You will help bridge the gap between people in long term care facilities and those living in the community
- You will help preserve resident's rights

How do I find out more?

Orientation training will be held in Devils Lake and in Grand Forks this October.

For the date and more information, call your Regional Ombudsman office:

Kim L. Helten, Serving the counties in Regions III and IV
Lake Region Human Service Center, Devils Lake, ND
701-665-2200 or
1-888-607-8610

Governor's Committee On Aging – An Overview

Submitted by Amy Clark – Vice-Chair

The Governor's Committee On Aging was established to act as an advisory body to the Aging Services Division as set forth in the Older Americans Act of 1965. Through the exchange of ideas and information on national, state and local levels relating to aging; the committee also acts as an advocacy body for seniors in the state of North Dakota. The committee's 14 members are appointed by the Governor to three-year terms. These members represent all eight regions including the five tribal councils. Please contact any member of the committee with questions or concerns. The Governor's Committee on Aging holds open meetings quarterly each year.

The following individuals are currently serving on the Governor's Committee on Aging:

Mr. Frederick Baker – Chairman (New Town); Ms. Amy Clark – Vice-Chair (Bismarck); Ms. Mary K. Nester – Secretary (Minot); Ms. Shirley Blake – Historian (Fargo); Ms. Betty Keegan (Rolla); Ms. Alecia Hanson (Williston); Ms. Mary Grosz (Hazen); Mr. Marty Heller (Beulah); Mr. Jake Dosch (Valley City); Mr. Larry Wagner (Bismarck); Mr. Kelly Wentz (Fargo); Ms. Gloria Left Hand (St. Michael); Ms. Elaine Keepseagle (Fort Yates); and Ms. Theola Stetson (Taylor)

The 2006 North Dakota Forums on Aging

The 2006 North Dakota Forums on Aging

September 25, Dickinson

September 26, Rugby and Williston

September 27, Valley City

September 28, Bismarck

Keynote Presentations

Elinor Ginzler - Director of Livable Communities,
AARP

Susan Raymond - Aging Program Specialist,
Region 8, Administration on Aging

Sponsored By:

The Governor's Committee on Aging, in cooperation with the North Dakota Department of Human Services, Aging Services Division
AARP of North Dakota
St. Alexius Medical Center

Watch for more information in your local newspaper and your mail!

- September 25, Dickinson 8:30am (MT) at the Hillside Baptist Church
- September 26, Rugby 9:00am at Bob's Pizza Inn
- September 26, Williston 1:00pm at the Williston Senior Center
- September 27, Valley City (Location and Time TBA)
- September 28, Bismarck 1:00pm at the Burleigh County Senior Center

What is the Graying of North Dakota Coalition?

Submitted by Amy Clark

The Graying of North Dakota Coalition was organized in January of 2000 by the Governor's Committee on Aging and AARP North Dakota. The purpose of this statewide coalition is to bring together organizations and agencies that share common goals and interests in service to older individuals and individuals with disabilities. The discussions at the meetings may result in new legislation and may contribute to and affect public policy decisions.

During the 2005 Legislative Session, Graying of North Dakota initiated a letter-to-the-editor campaign in support of rebalancing our system of care in the long term, and representatives Betty Keegan and Rodger Wetzel testified at committee hearings regarding the needs of caregivers. Those efforts resulted in a 2.65% increase for in-home caregivers. We also achieved advances in policy for our guardianship program.

The membership of the coalition includes over 30 advocacy organizations that include state, county and private service providers. Together, these members represent over 120,000 vulnerable citizens of North Dakota.

The Graying of North Dakota Coalition holds regular meetings in Bismarck that are open to the public – you may contact the Regional Aging Services Program Administrator in your Region for more information.

Grand Forks, ND Third Street Clinic Update

Third Street Clinic (TSC) has been in Grand Forks since 1989. It was started by a UND resident physician by the name of Tim Hockenberry. TSC was open one night a week with doctors rotating and volunteering their services at the Clinic. We were located upstairs in the mall on 3rd Street, which was located where the Towne Square now is. After the flood of 1997, we were forced to move to a new location, as many were. This is why you'll currently find us on 5th Street.

Today, TSC does not have medical services on-site. This is why we are a "clinic without walls." Clients who think they may be eligible fill out the appropriate paperwork at TSC and we make an appointment with one of the family physicians at Altru Clinic, Family Medicine Center, or Family Medicine Residency. This is a benefit to the healthcare of our clients since we all know that sickness doesn't follow a calendar. Our clients are able to get better quality care by seeing physicians at their respective offices. All of the physicians donate their services and there is no charge to the client.

Need Health Care Coverage? Check out North Dakota Medicaid.

Medicaid of ND pays for health services for qualifying families with children and people who are pregnant, elderly, or disabled. Over 40,000 persons are receiving this health coverage in the State of North Dakota.

Qualifying for Medicaid coverage: You must be a State resident and must qualify

financially. You must also be: pregnant OR blind, disabled or age 65 or older, OR a member of a family with children, OR age 21 or younger or age 65 or older or receiving services at the State Hospital, OR younger than 21 and living on your own or in a licensed foster home, OR an adopted child younger than 21 who has special health needs or meets other criteria, OR a woman screened through the ND Dept. of Health's "Women's Way" program who needs treatment for breast or cervical cancer.

Financial requirements:

Eligibility is based on income and in some cases, assets. Some assets are NOT counted when determining eligibility. The assets that do NOT affect Eligibility are: home you live in, personal belongings and clothing, household good and furniture, one car, certain burial plans, and property that produces income.

Asset limits: There is no asset limit for children, families or pregnant women in the children and families coverage group or women who apply under the "Women's Way" program. Generally a person who is blind or disabled or age 65 and older can have up to \$3,000 in countable assets. The limit for couples is \$6,000. You may qualify if you have more assets. For example, the wife of a person in a nursing home can have more assets. This is the Community Spouse provision.

Covered services: for Medicaid are varied and some require co-payments.

Some of the covered services include: (* indicates a co-pay)

- Doctor visits/services *
- Hospital services *
- Lab and x-ray
- Dental visits *
- Eye care *
- Prescription drugs

- Family planning services provided by a doctor or family planning service agency
- Prosthetics
- Home health care
- Chiropractic Services *
- Physical Therapy *
- Occupational therapy *
- Out of state services if approved by ND Medicaid
- Podiatric Services *
- Long term care services
- Transportation (with limits)
- Group home care for people with developmental disabilities
- Health Track Screenings
- Emergency room services/urgent care services (if it is deemed as an emergency)
- Medicare Part A and B, co-insurance, or deductibles

Some persons do not have to pay co-payments and the ones that don't include younger than age 21, living in a nursing home, swing bed, intermediate care facility for the mentally retarded, persons at the State Hospital, or the Anne Carlson School, or pregnant, or need emergency services or receive family planning services.

Applying for Medicaid is done by contacting the local County Social Service office. The applications can be mailed to you or you may pick up in person. You may have to provide verifications of income, assets, age, and citizenship. The local office is located at 151 South 4th Street, Grand Forks, ND 58201.

(Information obtained from ND Dept. of Human Services, Medical Services Division)

North Dakota Association for the Disabled, Inc. (NDAD)

is accepting applications for the NDAD Transit Program. This program provides affordable, accessible transportation for Grand Forks residents. The applicant must meet eligibility guidelines that include meeting income standards and being a full-time wheelchair user or having an ambulatory disability that requires the use of an assistive device (walker, wheelchair,

scooter). If approved, the applicant is eligible for a monthly subsidy for Dial-A-Ride services through Grand Forks Taxi. Funds are limited and must be used by October/November 2006. If you know someone that could benefit from this program, please contact Jeri at 775-5577.

This program is funded by CDBG funds through the United Way.

Senior Mill Levy Application Form Due August 1st to County Auditor

The Senior Mill Levy Application form for 2007 is due to the respective county Auditor by August 1, 2006.

Also there is a new form numbered 518180 that has been created. It is very similar to the old form. In fact for the Senior Centers it is identical to the old form. We have added one paragraph that must be initialed by the County Auditors indicating that match funds received in the previous year have been budgeted for the same purposes permitted for the expenditure of the levied funds.

The County Auditors are to submit the form to Lawrence Hopkins, deputy State Treasurer. The match % is 2/3rd of the amount levied up to a maximum of 1 mill levied.

The New form number is 58180 and is located at

www.state.nd.us/eforms/Doc/sfn58180.pdf

Lawrence Hopkins
Deputy State Treasurer
328-4694

Preventive Maintenance For the Brain *Can Exercise or Mind Games Help?* A Look at the Evidence

If it seems you're forgetting more as you grow older, you are. Like most other organs in the body, the brain gets smaller as we age, leading to a decline in memory, decision-making ability and verbal skills. That doesn't necessarily mean that you're on a steep downhill slide toward certain dementia, say experts. Growing evidence suggests there are steps you can take to better the odds of preserving your brainpower and protecting it against disease.

Two avenues for boosting cognition -- challenging your brain & exercising your body -- have drawn considerable scientific research.

A review of the scientific data, published online, found that getting lots of physical activity and reducing your risk of heart disease -- by cutting cholesterol and blood pressure levels, for example, or losing weight -- are among the best ways to maintain a healthy brain. The study, funded by the National Institutes of Health (NIH), also found that increased mental activity throughout life appears to preserve brainpower.

Through its "Maintain Your Brain" campaign, the Alzheimer's Association urges people to regularly engage in mentally stimulating activities. These may involve doing logic puzzles like Sudoku, reading an entire newspaper daily or going to a museum -- anything that takes you outside your normal range of thinking, said Elizabeth Edgerly, a clinical psychologist who helped develop the campaign.

Mental challenges such as these, researchers theorize, build neural pathways in the brain, buffering against age-related loss and possibly an assault by disease. Some researchers have hypothesized that persistent, effortful mental

activity might even retard underlying disease.

Meanwhile, evidence that physical activity may protect against cognitive loss impresses other experts on aging. A recent study that followed more than 1,700 normal seniors for six years found those who exercised the most -- at least three times a week -- were least likely to develop Alzheimer's disease. One theory, based partly on animal research, is that physical exercise may improve blood flow and oxygen delivery to the brain and increase substances that promote the growth of tissue and blood cells in the hippocampus, a region critical to memory.

But even if mind games or physical activity confer a protective benefit -- scientists say proof is still far off -- there are limits: The most determined personal efforts won't override a strong genetic predisposition to Alzheimer's, say experts. (But not every mental lapse is a sign of dementia. See ["Is It Normal? Or a Warning Sign?"](#)) [Pages 4-5]

Other factors may also affect brain integrity, including diet (for brain health, nutritionists suggest a diet low in saturated fats and rich in vegetables, fruit and fish with omega-3 fatty acids), social life (an active one is thought to improve immunity and reduce inflammation, believed to play a role in Alzheimer's) and health problems like diabetes and heart disease.

Those issues aside, a major question remains: If exercise is protective, what kind is best and at what dose? No one can say.

"You can say with conviction that if a person decides to exercise a certain amount every day or week, that it will help their heart and that it might help their head," said Marcelle Morrison-Bogorad, director of the neuroscience and neuropsychology of aging program at the National Institute on Aging (NIA). But whether one form of exercise is superior-- whether, say, aerobic

exercise beats non-aerobic -- isn't yet known, any more than whether playing chess or listening to classical music will give you more protection than playing Scrabble or going to a rock concert.

Challenging the Brain

The idea that challenging the brain may help stave off dementia has intrigued many researchers. Defining what constitutes "challenging," though, is difficult, said Edgerly. "If you think of each of us as individuals, what's mentally stimulating to me might be really easy for you and not make you break a cognitive sweat," she said.

The Religious Orders Study, which began in 1993 and includes more than 1,000 nuns, priests and brothers across the country, has found that those who engage more often in reading, puzzles and processing information have a 47 percent lower risk of Alzheimer's disease than those who do little or none. The NIA is funding the study.

A research review published in the journal *Psychological Medicine* found that people who have a significant "brain reserve," or intellectual base have a much lower risk of developing dementia. "In virtually every study in which we've looked, the more education you have, the lower the prevalence of dementia in that group," said Steven DeKosky, director of the Alzheimer's Disease Research Center at the University of Pittsburgh.

Hybrid activities -- those combining a mental stimulus with some other action -- are also the subject of scientific interest. "Some of the strongest evidence is for activities that involve physical, mental and social at the same time," said Edgerly. Examples include social dancing and coaching or refereeing a team sport, she said.

A recently published study by Sweden's Karolinska Institute offers a case in point. Researchers who followed 776 normal seniors aged 75 and over for six years found that

those who said they took part regularly in mental, physical or social activities had a lower risk of dementia; those who combined all three had the lowest risk. Activities that seemed to confer more protection included political and cultural involvement, attending courses, going to the theater or concerts, traveling, being engaged in charity or church activities, and playing music with others. **Getting Physical**

Advocates of physical activity to protect against cognitive loss point to a solid -- and increasing -- body of evidence. The just-released NIH review found that, of a host of factors found to confer protection -- including higher education, moderate alcohol use and having a strong social network -- exercise was most impressive. The review reported that three very large trials "found that elders who exercise are less likely to experience cognitive decline."

A study last month in the *Annals of Internal Medicine* followed 1,740 people over age 65 for six years. The participants, all of whom had normal cognitive function at the start, initially reported how often they exercised for at least 15 minutes a day -- everything from stretching and walking to cycling, weight training and aerobic exercise. Every two years, they were given tests to determine their cognitive and physical functioning, and were also asked to assess their general health.

Those who exercised the most -- at least three times a week -- had the lowest risk of Alzheimer's, 32 percent less than the others. Also, those who started out with the lowest level of exercise benefited the most. That suggests it's especially important for sedentary people to get moving, said Eric Larson, director of the Center for Health Studies at Group Health Cooperative, a nonprofit health system in Seattle. "I think you can make a conclusion that if you're active . . . at an age of 65 or greater, you have an association of

a lower risk of Alzheimer's disease and dementia," said Larson.

The finding is consistent with some observations of brain biology, said DeKosky. "There's no question from animal studies that you can even see brain changes in certain growth factors if the animals are forced to exercise," he said.

Other researchers -- Paul Aisen, director of the Memory Disorders Program at Georgetown University Hospital, for one -- aren't as convinced that exercise increases blood flow or that there's a link between blood flow and brain function. Both DeKosky and Aisen agree that exercise has been proven beneficial for cardiovascular health and that it makes people feel better and more alert. But most exercise studies haven't come up with enough data to prescribe a "dose" of activity that's protective. And there are other unknowns. For instance, said Morrison-Bogorad, "we don't know whether you can stop exercise for a few weeks and keep the benefit that you had before you stopped."



Seeking Answers

Researchers are continuing to explore whether exercising the brain or body can have any positive impact on brain function, but definitive proof may never be produced, said DeKosky. Rigorous clinical studies that compare one intervention against another -- for example, a drug against a dummy pill -- guard against bias by making sure neither the physician nor patient knows who is getting what. That's not possible in exercise studies.

In addition, testing whether exercise improves brain health could require huge trials lasting decades -- an expense hard to justify when it's already known that physical activity

has health benefits, said many researchers.

The NIA is funding two small studies -- which could become larger trials -- looking at the effects of exercise on older people's ability to make decisions and whether exercise can improve mild cognitive impairment.

For now, say experts, it's not a bad idea to hedge your bets by exercising mind and body. "It doesn't mean you won't get [Alzheimer's disease]," said DeKosky. "What it does is decrease the statistical possibility that you will get it," he said.

Even in the absence of firm evidence, he and others say, there's no harm done by that prescription.

"Fortunately, we're not asking people to do something potentially dangerous, unless they are overdoing it," said Dallas Anderson, program director for population studies in the Dementias of Aging Branch at the NIA. Even better, "the Larson study suggests that only a moderate amount of exercise would be needed, which is probably reassuring to a lot of people."

© 2006 The Washington Post Company

Senior Voting Rights Explained in New Video



The Secretary of State's office has produced a voter education video to assist senior voters in understanding their voting rights and responsibilities. The video showcases the new voting machines that will be used in every polling site in June.

The video, also available on CD-ROM, highlights voting options for people who may travel out of state for extended periods of time or voters who reside temporarily in nursing homes, hospitals or assisted living facilities. Regardless of whether you vote absentee or in-person,

with a pen or with the help of technology, your vote is counted and your voice is heard where it matters most -- where you live!

Copies of the video and CD-ROM are available for check-out from AARP North Dakota by calling (701)355-3642 or toll-free (866)554-5383, (ask for Linda Wurtz). We would encourage you to show the video at local senior centers, service clubs and other appropriate gatherings.

You can also obtain information on this video and your voting options from your local county auditor's office or by calling the North Dakota Secretary of State's office at (800)352-0867.

Re-printed from AARP North Dakota News

Join Us for Memory Walk 2006

Greater Grand Forks:

Saturday, Sept 9

For more information go to

www.alzmdak.org or call

701-277-9757.

**Online team
reigistraion*event
information**

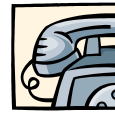
alzheimer's  association

Minnesota-North Dakota

**1.800.232.0851 or visit
<http://www.alzmdak.org/2familyservices/findingresources.htmSupport%20Groups>**

24/7 Information Helpline

Don't forget that the Alzheimer's Association's toll-free Information Helpline is available 24 hours each day, seven days each week to answer questions and provide resources.



ND Family Caregiver Support Program

The well-known writer Mark Twain wrote: "The difference between the right word and the almost right word is the difference between the lightning and the lightning bug." As with all relationships, effective communication is the most important skill for family caregivers. Communication with the medical professionals; elder care providers such as Meals on Wheels and home-health staff; and with siblings is essential for safe and effective caregiving.

The most important communication that a caregiver may most need to improve, however, is communication with the care recipient! Most older adults are independent and have their own ideas and opinions about their lives and care worthy of our respect.

Most people will admit that the biggest problems in relationships involve communication. Below are ideas for caregivers to improve communication to avoid problems and improve the overall care of a parent, spouse or other care recipient.

Top Ten Communication Basics Between Caregivers and Care Recipient

1. **Breath.** Take a couple of deep breaths before you start a conversation. If the conversation becomes emotional or difficult, stop and take another few deep breaths to help you calm down and focus.
2. **Really listen.** As someone once said: "There is a reason that we have two ears and one mouth." Listen to what the person says and check out

what the person is hearing you say. For example, "Do you agree that we might want to call the nurse and talk to her about this problem with your medication?" Listen to silence. Silence allows someone to think about what is being discussed or about a response.

3. **Ask questions.** Find out what is really going on. Are you assuming some things about what the other person is saying because you think you know everything that is going on?
4. **Use body language to improve communication** (non-verbal cues in how you use eye contact, gestures, and your distance from the person). Look the person in the eye. Lean into the person or put a hand on the person's arm or shoulder, but remember that not everyone likes to be touched.
5. **Slow down.** Take your time. Avoid trying to talk about and do everything at once. Communication at an even pace allows everyone to think through the conversation and how to respond.
6. **Pay attention to what the person is saying and how they are behaving.** Do the words and the behavior match? Could the person be talking about something very different than what they really want, but they do not know how to say it or ask for something? Be aware that fear may make someone hesitate to say what is really going on. Most care recipients fear admitting to certain problems and concerns that may lead to a further loss of independence.

7. **Talk directly to the person.** It may be easy for caregivers to 'multi-task' as they prepare meals, do laundry, take someone to the grocery store, or accompany a parent to a doctor appointment. Set aside time to have one-on-one conversation. This may save time in the long run because misunderstandings can be avoided. If the care recipient feels heard and understood, he/she may talk about something that is a concern. Identifying concerns and problem-solving can avoid problems later.

8. **Speak distinctly and clearly - but not louder.** Some older adults do not like to admit that they may not hear and understand conversations around them. The higher pitch of many women's voices may be a problem for some older adults so women may need to consciously lower their voice.

9. **Avoid arguing.** Listen to concerns and try to understand the other person's experience and opinions. Remember that it is still his or her life and care. Focus on meeting unmet needs and not conflict.

10. **Use humor when appropriate.** Humor can help ease tension. Most caregivers and care recipients know each other well enough to find humor in the situation.

For more information contact
www.FamilyCaregiversOnline.net

Mark Your Calendars!
**10th ANNUAL JOINT
CONFERENCE**
**"GERIATRIC HEALTHCARE,
ALZHEIMER'S
& HOSPICE ORGANIZATION"**

Region IV Aging Services Page 8

October 12 & 13, 2006

Thursday (8:30 a.m. - 4:30 p.m.) and
Friday (8:00 a.m. - 1:15 p.m.)

**Ramkota Hotel,
Bismarck, ND**

- **GENERAL TOPICS**
- **ALZHEIMER/DEMENTIA TOPICS**
- **GERIATRIC**
- **HEALTHCARE/AGING TOPICS**
- **HOSPICE/PALLIATIVE/END-OF-LIFE TOPICS**

(After August 10, you may call 701-530-7700
or 1-800-843-9628 to request a brochure.)

HEAR NOW

6700 Washington Avenue South
Eden Prairie, MN 55344
1-800-648-4344

(Text callers use: Relay 711)
www.sotheworldmayhear.org
E-mail: nonprofit@starkey.com

**Domestic Assistance for
Hearing Impaired**

HEAR NOW is a Division of the Starkey Hearing Foundation for the hearing impaired. Collects hearing aids for recycling purposes. Any make and model, regardless of age, can donate to the hearing aid recycling program. All donations are tax deductible, and letters of acknowledgement will be sent to all identified donors.

HEAR NOW believes that no person should struggle to communicate simply because they lack the financial resources to acquire the technology to help them hear.

Accordingly, staff and volunteers strive to continue a tradition of providing services for the hearing impaired, while spending no more than 20 percent of its annual budget on administrative and fund raising costs.

**Interagency Program
for Assistive
Technology (IPAT)**

IPAT was recently awarded a contract by the Department of Human services, Aging Services Division, to administer the Telecommunications Equipment Distribution Service program (TEDP). This program provides free specialized telephone equipment to meet the needs of North Dakota resident who are communications-impaired and who might be otherwise disadvantages in their ability to obtain such equipment. For more information on this vital service please call 1-800-265-4728 V/TTY.

IPAT
3509 Interstate Blvd.
Fargo NE 58103

**Grand Forks Housing Authority
Announcing the
Availability of Housing
Assistance and the
Currently Short Waiting
Period**

The Grand Forks Housing Authority (GFHA) currently has funding available through the Housing choice Voucher Program and some openings in assisted apartment communities. Applications for apartments and housing assistance are being processed upon receipt of the completed application. We ask your assistance to get this information to low-income families and to advise them to call 746-2545, come to our office at 1405 1st Avenue North or to look on our website for more information and to pick up an application.

Applicants must meet income limits and other selection criteria. Households with income less than 30% of the area median income are targeted for assistance before those with greater income. The time need to process an application varies, but averages between 2-4 weeks. The Eligibility Application has been revised and a copy can be gotten from us.



Northern Plains Conference on
Aging and Disability!!

**SEPTEMBER 6,7,
2006
FARGO
HOLIDAY INN**

2006 Northern Plains Conference on Aging and Disability. The conference will be held at the Holiday Inn in Fargo on September 6 & 7, 2006. A "kick off" event will be held Tuesday evening September 5th at Bethany Homes in Fargo.

***Common Threads:
"Weaving the Fabric of
Aging and Disability"***

Booth Vendor Information:

**Gretchen Everson
701-277-9757**

Sponsor Information:

**Bonnie Peters
701-237-4700**

Check Web site at:

<http://www.nd.gov/humanservices/info/pubs/aging.html>

**Opportunity to
Volunteer and
Earn a Tax-free
Stipend!
Senior
Companions**

The purpose of the Senior Companion Program is "to engage persons 60 and older, particularly those with limited incomes, into volunteer service to provide supportive, individualized service to help elderly adults with special needs maintain their dignity and independence." Income eligible Senior Companions earn a tax-free stipend, paid training, vacation, sick and holiday time. Senior Companions also receive monthly in-service training, recognition at special events, and the satisfaction of helping other elderly adults. In North Dakota, the Senior Companion Program started in Fargo in 1981. Since that time, the program has spread across the state. Senior Companions serve in both small and large communities. The Senior Companion Program is a program of the Corporation for National and Community Services and is sponsored by Lutheran Social Services of North Dakota. Senior Companions reach out to adults who need extra assistance to live independently in their own homes or communities. Senior Companions assist their adult clients in basic but essential ways. They provide companionship and friendship to isolated seniors, assist with

simple chores and add richness to their clients' lives. Senior Companions serve frail older adults and their caregivers, adults with disabilities, and those with terminal illnesses. For more information, please contact Teresa Huff, Coordinator for Eastern North Dakota at 1-800-450-1510.

Vulnerable Adult Protective Services

701-787-8540

GF County Social Services Contract Agency

You can continue to make direct reports or referrals by phone, letter, in person, or fax.

Upon receipt, reports or referrals will be screened for service eligibility.

Reports of suspected abuse, neglect, or exploitation of a vulnerable adult can be made by calling GF County Social

Services at Phone:

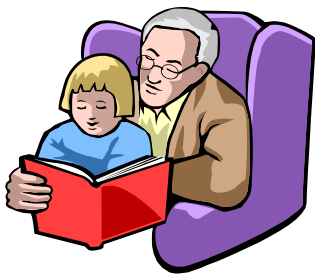
701-787-8540 or

Fax: 701-787-5918.

Taking Care of Yourself – REST

**The bridge between
despair and hope is a
good nights sleep.**

The Comfort of Home © 2004
CareTrust Publication 800/565-
1533
www.comforttohome.com



Foster Grandparents Sharing a LIFETIME of Wisdom

Check out the new web page:
http://www.seniorservice.org/redrivervalley_fgp

**Red River Valley Foster
Grandparent Program**
(701) 795-3112 or 888-256-6742

CRAIG ADVISES SENIORS TO STAY HYDRATED DURING SUMMER MONTHS

(Washington DC) Hot weather invites outdoor fun. But it can also put seniors at risk for heat-related illness. This summer Senator Larry Craig, the ranking member on the Senate Special Committee on Aging, is urging seniors to drink plenty of fluids.

"The heat can create medical risks for people over the age of 60, and I just want to remind everyone to stay alert and ahead of potential problems," said Craig. During the summer health organizations strongly advise the elderly to wear loose-fitting cotton clothes, avoid going outside in the middle of the day and drink plenty of liquids, avoid beverages with alcohol or caffeine. For adults 65 and older exposure to extreme heat, even for a short time, can overload the body's natural cooling system. This can pose a real health

threat, especially when temperatures soar and humidity is high. "Each year we hear tragic stories of the elderly who have died or become seriously ill during the summer months. Running a fan can keep the body cool and some seniors may want to simply hit the local malls or department stores simply to get out of the house and out of the heat," Craig said. Too much heat may lead to serious disorders such as dehydration, heat stroke, heat cramps, heat exhaustion, and sunburn. An extremely high body temperature can damage the brain or other vital organs. In some cases, heat related illnesses may be fatal. "As long you keep up on the fluids, you should be okay. Your best defense against heat related illness is prevention" Craig said. Craig also urges friends and family to watch out for the senior citizens around them this summer.

Facts About Water

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.

- Preliminary research indicates that 8 – 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

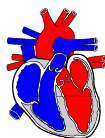
Re-printed from The Senior Sentinel

Copper



Do we use Copper in our bodies?

YES! It helps to: MAINTAIN SKELETAL & HEART INTEGRITY FORM CONNECTIVE TISSUE WHICH AIDS IN WOUND HEALING TRANSFER & STORE IRON GENERATE ENERGY GIVE COLORING TO SKIN, HAIR & EYES PROVIDE IMMUNITY



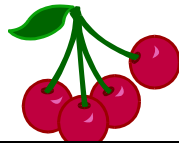
HOW MUCH DO WE NEED?

1.5-3.0 MG/DAY

Where can I get it?

FROM THE FOODS WE EAT:

SHELLFISH
WHOLE GRAINS
CHERRIES



Nuts & beans

CHOCOLATE EGGS
LIVER & MEAT
FISH & POULTRY
POTATO & SWEET POTATO



What if I don't get enough?

DEFICIENCY SYMPTOMS ARE:

OSTEOPOROSIS
ANEMIA
↓'D BLOOD CELL PRODUCTION
POOR SKIN & HAIR PIGMENTATION



Hypothermia

NERVE DEGENERATION
→SEIZURES

Do some people need more?

YES, PEOPLE WITH:
DIARRHEA
FISTULAS
CELIAC OR TROPICAL SPURE



Nephrotic syndrome

MALNUTRITION

Aging

Can we get too much?

YES! MORE THAN 10 MG/DAY CAUSE:

- ☐ POOR MEMORY
- ☐ METALLIC TASTE
- ☐ STOMACH PAIN
- ☐ NAUSEA, VOMITING & DIARRHEA
- ☐ FATIGUE
- ☐ DEPRESSION
- ☐ LIVER OR KIDNEY FAILURE



Reprinted State of Utah ASD

Personal Income in North Dakota: 2004

North Dakota State Data Center Economic Brief, May 2006

Retired and Senior Volunteer Program (RSVP)

Call (701) 787-0043 or e-mail

Jolene.Seibel@ndsu.edu or
Sandra.P.Brown@ndsu.edu
for more information.

More Information:

<http://www.aoa.dhhs.gov/>

Region IV Health and Wellness Site Schedule

Grand Forks County: Greater Grand Forks Senior Citizens Association,
Grand Forks, ND,
701-772-7245

Gilby: 3rd Thursday of every other month

Manvel: 2nd Friday of every other month

Northwood: 3rd Friday of every month

Thompson: 2nd Monday of every other month

Nelson County: Home Health Services of Nelson County Health System,

McVile, ND,

701-322-4328

Schedules announced regularly with services offered every other month, odd months.

Pembina County: The Diabetes Center of Altru Clinic-Cavalier, Cavalier, ND, 701-265-8338

Cavalier: 2nd Tuesday of every month

Drayton: Last Monday of every month

Neché: mornings, 2nd Monday of every month

Pembina: afternoons, 2nd Monday of every month

St. Thomas: mornings, 3rd Monday of every month

Walhalla: 1st Monday of every month

Walsh County: Home Health Hospice Services of Unity Medical Center, Grafton, ND, 701-352-9399

Grafton: 3rd Tuesday of every month

Park River: 4th Wednesday of every month

Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I - Karen Quick
1-800-231-7724

Region II - MariDon Sorum
1-888-470-6968

Region III - Donna Olson
1-888-607-8610

Region IV - Patricia Soli
1-888-256-6742



Region V - Sandy Arends
1-888-342-4900

Region VI - Russ Sunderland
1-800-260-1310

Region VII - Cherry Schmidt
1-888-328-2662

Region VIII - Mark Jesser
1-888-227-7525

N.D. Senior Info-Line:
1-800-451-8693

<http://www.ndseniorinfo.com/>
Region IV Aging Services newsletter at the following link:
<http://www.nd.gov/humanservices/info/pubs/aging.html>

Vulnerable Adult Protective Services

Region I & II – Dale Goldade,
Vulnerable Adult Protective
Services, Long Term Care
Ombudsman - 1-888-470-
6968

Region III – Ava Boknecht,
Vulnerable Adult Protective
Services, 1-888-607-8610

Region IV – Vulnerable Adult
Protective Services, Patricia

Soli – 1-888-256-6742.

**Direct referral Grand Forks
County Social Services
VAPS - 701-797-8540.**

RaeAnn Johnson, contact for
Vulnerable Adult Team (VAT)
and Education– 1-888-256-
6742.

Long Term Care Ombudsman
1-888-607-8610.

Region V - Vulnerable Adult
Protective Services, Sandy
Arends - 1-888-342-4900.
Direct referral may be made
to Cass County Adult
Protective Services unit - 701-
241-5747.

Region VI - Russ Sunderland,
Vulnerable Adult Protective
Services - 701-253-6344

Region VII - Cherry Schmidt,
Vulnerable Adult Protective
Services - 1-888-328-2662

Region VIII - Mark Jesser,
Vulnerable Adult Protective
Services & Long Term Care
Ombudsman - 1-888-227-
7525

**North Dakota New Health Care
Directives Guide on Web site:**
[http://www.nd.gov/humanservi-
ces/info/pubs/docs/aging-
health-care-directives-
guide.pdf](http://www.nd.gov/humanservices/info/pubs/docs/aging-health-care-directives-guide.pdf)

ND Family Caregiver Coordinators

Region I - Karen Quick - 800-
231-7724

Region II – Theresa Flagstad
- 888-470-6968

Region III - Kim Locker-
Helten - 888-607-8610

Region IV - Raeann Johnson
- 888-256-6742

Region V – LeAnn Thomas-
888-342-4900

Region VI-CarrieThompson-
Widmer -800-260-1310

Region VII - Judy Tschider -
888-328-2662

Region VIII – Michelle
Sletvold - 888-227-7525

Other

- Aging Services Division
Office and Senior Info
Line: **1-800-451-8693**
- AARP: **1-888-OUR-AARP
(1-888-687-2277)**
- AARP Pharmacy: **1-800-456-
2277**
- ND Mental Health
Association: **701-255-3692**
- ND Mental Health
Association Help-Line:
1-800-472-2911
- NDAD - **IPAT** (Interagency
Program for Assistive
Technology): **1-800-265-
4728**
- Legal Services of North
Dakota: **1-800-634-5263** or
1-866-621-9886 (for persons
aged 60+)
- Attorney General's Office of
Consumer Protection: **(701)
328-3404** or **1-800-472-2600**
- Social Security
Administration:
1-800-772-1213
- Medicare: **1-800-247-2267/1-
800-MEDICARE**

Toll-Free 800 Information:
(Directory Assistance for 800
number listings):
1-800-555-1212

- Senior Health Insurance
Counseling (SHIC) ND
Insurance Department: **(701)
328-2440**
- Prescription Connection:
1-888-575-6611
- Rural Health Updates, please
contact Lynette Dickson, CRH
program coordinator, at
701-777-3848 or
ldickson@medicine.nodak.edu

Region IV: Older Americans Act (OAA)

Greater Grand Forks Senior
Center – Legal Entity
(701) 772-7245